



Coffill School of Memory, Inc.

“The Ultimate in Memory Training!”

Play the Memory Game!

1 _____	6. _____	11. _____
2 _____	7. _____	12. _____
3 _____	8. _____	13. _____
4 _____	9. _____	14. _____
5 _____	10. _____	15. _____

Dave’s TOP 10 List... *for improving & maintaining your memory!*

10. Make sure you are drinking plenty of water each day and try to eat healthier foods.

This one is tough for many of us, so at least find a good anti-oxidant vitamin/mineral supplement.

9. Get some exercise on a regular basis.

A 20-30 minute walk will help reduce stress. Cardio and resistance 3-5 times/week.

8. Have some fun with friends and family.

Get out and around friends in a social environment, dance, karaoke, party (easy on the booze).

7. Get a massage? Yes!

Pamper yourself once in a while (or regularly) even a manicure/pedicure, salon, spa.

6. Get 6 - 7 hours of sleep each night

Scientific testing proves that 7 hours isn't just a good idea...

5. Remember something new every day!

Challenge yourself to remember a new name, birthday, phone number, even a grocery list each day.

4. Play memory brain games on TV, computer, or with friends.

Play cards, watch game shows like Jeopardy, trivia, play chess, crossword puzzles, etc.

3. Learn something new!

Read (anything) take some classes, learn a new language, instrument, martial arts, etc.

2. Feed your brain!

avocado, wild salmon, nuts, seeds, coffee, pomegranate, brown rice, tea, chocolate, oysters, olive oil, tuna, garlic, eggs, green leafy vegetables, tomatoes, and one of the best foods period; blueberries!

And.... The #1 thing you can do to improve and maintain your memory is...

1. Use Dave’s TERRIFIC memory systems!

Available on DVD! Take your set home today, right after this presentation. Don't forget! ;)